

# BOR**NDARA**

## *Bicycle Users Group*

### Rides Supplement May 2008

#### **Camberwell Downhill Gourmet Bike Riders**

##### **April Ride - Southbank to Ricketts Point**

Finally the weather gods smiled upon us and we had a near perfect day for this ride. Those who gathered at Southbank were Graeme Stone, Val Staley, Annette Campbell, Julia Blunden, Bruce and Yvonne Dight and our hosts David and Geraldine Powell. The ride to Ricketts Point went without a hitch despite very crowded conditions along the Bayside Trail. The group was not impressed with the new arrangements taking shape on the St Kilda foreshore but patiently wended their way through the melee. As always most of the thrifty group had brought their own lunches and those who hadn't purchased take-away for consumption at a picnic table outside the Ricketts Point Tea House. And as usual Graeme had to make a dash for home straight after lunch for the next event on his busy social calendar. David and Geraldine opted to catch the train home from Sandringham, Bruce and Yvonne departed at Brighton Beach, while Val and Annette rode as far as Richmond. For once Julia was the last rider left pedalling and made it all the way home to Hawthorn.

Thanks to David and Geraldine for a very enjoyable, if somewhat delayed, ride.

##### **May Ride: a Kensington Mystery**

**The ride:** This may not be a mystery to any of the 19 riders who rode with our friend the late Bob Gruar from Kensington Railway station in June 2001. Bob left us with some good memories and enjoyable rides so I felt this one was worth revisiting.

BYO lunch or purchase on the way from bakery/ cake shop; coffee stop at start adjacent to the station if you arrive early or on return. My notes indicate an early afternoon tea on return to Kensington however the group might choose to extend the ride along the Maribyrnong River a little.

**Distance:** ~25km

**Date:** Sunday 18<sup>th</sup> May 2008

**Meet:** Kensington Railway Station, west side in Belair St, from 10.00am for a 10.30am start.

**Contact:** For enquiries ring Graeme on 9889 5426; email: [graeme\\_stone@optusnet.com.au](mailto:graeme_stone@optusnet.com.au)

Please advise if coming in case of any last minute changes.

##### **Other Rides for 2008**

**June** 15<sup>th</sup>, David & Geraldine; **July** 20<sup>th</sup> Julia; **August** 17<sup>th</sup> ?; **September** 21<sup>st</sup> Val; **October** 19<sup>th</sup> Jack Simpson; **November** 16<sup>th</sup> David & Geraldine

##### **Dinners**

July 11<sup>th</sup>; November 21<sup>st</sup>

#### **Hawthorn Cycle Tours**

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

## Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

### Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphij@au1.ibm.com](mailto:murphij@au1.ibm.com)

## Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

## Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café Ripe, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- We ride 4 Wednesdays each month.
- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 60km).
- We generally meet at **10am** at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail [janpeter@bigpond.net.au](mailto:janpeter@bigpond.net.au) or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are -

easy # medium + hard ! hills ^

Date	Place to meet	Description	Grade
May 14 <sup>th</sup>	Jell's Park, Shepherd Rd., MEL 71 J3, or ride from Glen Waverley stat., (9.35 am train from Flinders St arr. 9.50).	We will ride the Lower Dandenong Creek trail to Carrum and continue onto Frankston through the local parks and back roads to Frankston station ~ 50km.	+
May 21 <sup>st</sup>	As above	Short ride	#
May 28 <sup>th</sup>	East Camberwell station Mel 46 A11. (9.30 am Blackburn train from Flinders St station arr. 9.49).	<i>6 Trails Circuit</i> . Anniversary (via E. Malvern station ~10.30), Gardiners Ck, Scotchman's Ck, Dandenong Ck, Somers, Koonung, Anniv. Trails back to E. Camb. Some street riding to link trails, and a few hills. ~55 km.	!^
June 4 <sup>th</sup>	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 11 <sup>th</sup>	Albion station, MEL 26 F10. (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail and some local roads to Hoppers Crossing for lunch. Continue along Skeleton Creek to Altona and the Bay trail to Altona station ~ 50km.	+
June 18 <sup>th</sup>	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 25 <sup>th</sup>	Albion station, MEL 26 F10, (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail to Brimbank Park for lunch and then return to the city via the Maribyrnong trail ~ 40km.	+^

## Darebin BUG

### Social Rides

Darebin BUG runs three weekday rides of distances approximating 40-60km on Tuesdays and 10-20km and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Information about upcoming rides can be seen on the [Darebin BUG Rides Calendar](#)

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409 956 913 with your ideas.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Michael AH 9482 3276

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

[Beginners Rides](#) - [Tuesday & Thursday rides](#) - [Saturday & Sunday rides](#) - [Weekend Rides](#) - [Around the Bay in a Day](#)  
[Ride Reports](#) - [Ride Photos](#)

### *Rides for Beginners*

#### **Thursday Rides**

**Weekly** Thursday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

#### **Mums (& Dads) on Bikes Rides**

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome!

Want to ride with your rides for fun, exercise and socialising? Join us on one of our easy rides to one of Melbourne's many child-friendly destinations. **Rides take place the first Sunday and the third Wednesday of every month.**

Meet at **Jika Jika Community Centre**, corner of Plant and Union Sts, Northcote, at 10am.

Contact Kathy on 0410 667 634

#### **Saturday Port Melbourne Rides**

Weekly Saturday rides for those looking for longer easy rides - 9.30am. Ride from Fitzroy to Port Melbourne and back along bike paths, about 20km. Ride Leader: Norm 9354 9636

#### **Saturday Market Rides**

**Monthly** Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Michael 9482 3276

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

#### *More Challenging Rides on Tuesdays & Thursdays*

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

#### **Tuesday Rides**

*For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

### **Thursday Rides**

*For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

*Saturday & Sunday Rides - Varying Distances & Locations*

### **Saturday Morning ATB Training Rides**

*For experienced riders.*

Every Saturday, 2-3 hours riding, initially return trip to Mordialloc, then extending further closer to ATB. [Note: if it is raining, call Colin to check ride will take place].

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Colin on 9489 9360.

### **Sunday Morning Rides**

*For experienced riders.*

Every Sunday, 2-3 hours riding, various distances.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Yannick on 0438 785 450.

### **Saturday & Sunday Social Rides**

*Some for beginners, others for experienced cyclists.*

Occasional Saturdays & Sundays- a diverse program, some rides local and others involving public transport. Contact the Rides Coordinator Michael on 9482 3276 for more information, or check the [Darebin BUG rides calendar](#).

*Weekend Rides*

Contact the Rides Coordinator Michael 9482 3276 for more information.

## **Manningham BUG**

See <http://home.vicnet.net.au/~mannbug/rides.htm> for latest rides calendar. This had not been updated at the time of finalising this supplement.

### **Mid Week Rides**

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride.

Contact Don 9848-5803

## **Whitehorse Cyclists Inc**

Last updated 23 April 2008

Date	Day	Grade	Ride	Where	Distance	Leader
8-May	Thur	M	Basin	Mullum Mullum, Croydon, Bayswater, Basin, Boronia, Ringwood	55	Ken R 98017157
11-May	Sun	E/M	Wandong	Whittlesea	40	Helga O 98732961
13-	Tue	<b>CLUB NIGHT</b>				

May	Community Arts Centre Station St Box Hill 7.45pm					
13-May	Tue	M/H	Lysterfield Lake	Heathmont, Lysterfield Lake	80	Bob B 0412028068
13-May	Tue	E	Studley Pk. Boathouse	Studley Park. Boathouse cafe for M/Tea, return via Yarra Bend Park.	35	Doug W. 98026702
15-May	Thur	M	City Loop	Capital City Trail,	50	Peter L. 98425193
18-May	Sun	M/H	Eastern Hills	Koonung Ck Trail, Tunstall Sq, Old Warrandyte rd, Tindals rd, Falkener rd, R'wood/W'dyte rd, Yarra rd, M/Tea Wonga Pk Caf💎, Brysons rd, Wellington, Littlejohn, Wirth, Berringa, Park rds, Koonung Ck trail, Valda	40	Frank B 0408996447
20-May	Tue	M/H	Carrum	Elwood, Carrum	80	Bob B 0412028068
20-May	Tue	E/M	Hays Paddock Loop	Koonung Ck Tr, M/Tea at Abbottsford, Capital City Tr, Eastern Freeway Tr, Anniversary Tr. (a few steep sections)	30	Pam M 98902247 0439332883
20-May	Tue	M/H	Yan Yean	Hurstbridge, Yan Yean	80	John C 0438566977
22-May	Thur	M	Carrum	Glen Waverley, Dandenong, Carrum	55	Bob H. 0423746668
25-May	Sun	E/M	<b>Mystery Ride</b>	<b>TBA</b>	40	<b>E.H.</b>
27-May	Tue	M/H	Ferntree Gully	FTG, The Basin, Wonga Pk	80	John C 0438566977
27-May	Tue	E/M	Latrobe Uni.	Yarra Tr, Warringal Parklands, Latrobe Uni for M/Tea, Darebin Ck Tr, Ivanhoe, Yarra Tr. (there are some hills)	30	Neil M 94972685 0419514630
29-May	Thur	M	Merri - Moonee	Up Merri Ck, down Moonee Ponds Ck	60	Russell H. 98504375
1-Jun	Sun	M/H	Sandringham	Anniversary Tr, Murrumbena rd	40	Alex V 0408272695
3-Jun	Tue	E	Clifton Hill	Clifton Hill M/T, Boulevard, Yarra tr.	30	David M 98857673
3-Jun	Tue	M/H	Williamstown	G'bgh, Ring Rd Tr, Williamstown	80	Barry McC 0417952418
5-Jun	Thur	M	Warb Trail	Lilydale, M/tea - Yarra Junction, Lunch-Warburton	76	Jacques F 94972306
8-Jun	Sun	E	Mullum Mullum (Nth)	Northern section of Mullum Mullum Trail	40	Bruce E 98484804
10-Jun	Tue	<b>CLUB NIGHT</b> Community Arts Centre Station St Box Hill 7.45pm				
10-Jun	Tue	E	Eltham Celebration	Yarra trail, Diamond Ck M/T, Eltham Lunch @ Sushi Wushi Rest. to celebrate 2 birthdays, BRING \$, Finns Res by 2pm. (B/O Eltham RS)	30	Gillian B 97255310
12-Jun	Thur	M	Maribryngong River	Train to St Albans, Maribynong River trail, Yarra Trail.		Robyn R 0409160145
15-Jun	Sun	E/M	The Basin	Ringwood, Dandenong Ck Path	40	Ursula C💎 0411106664
17-Jun	Tue	H	Kinglake	Kinglake, Whittlesea	100	Bob H 0423746668
17-Jun	Tue	E/M	Montsalvat	Eltham, Montsalvat Artists' Colony M/T, Tour of grounds and art gallery (optional), Yarra Tr.	30	Marion H 0400178194
19-	Thur	M	Beaumauris	Pt Melb, Beaumauris	70	Barry McC

Jun						0417952418
22-Jun	Sun	E/M	Docklands	Capital City Trail	40	Keith M 9857 5805
23-27 Jun	Mon-Fri	M	TBA	TBA		Alex V 0408272695
24-Jun	Tue	E	TBA	TBA	30	TBA
24-Jun	Tue	M/H	Yellingbo	Lilydale, Gruyere, Yellingbo, Belgrave	100	Phil E 98490522
26-Jun	Thur	M	Craighburn	Broadmeadows, Craighburn	65	Mike T 98593647
29-Jun	Sun	E/M	Belgrave	Ringwood, FTG, Belgrave	50	Phil R 0439307172
1-Jul	Tue	E/M	Fishermans Bend	Yarra, Capital City, F/Bend, Rosstown Trails	70	Abdy S 0413327650
1-Jul	Tue	E	TBA	TBA	30	TBA
2-Jul	Wed	VE	LONG LUNCH	Eat, Drink and be Merry		Mike T 98593647
3-Jul	Thur	M	Jells pk	FTG, M/Tea@Scoresby Village, Jells Pk, Lunch-Knox City, Bayswater	45	Ken R 98017157
6-Jul	Sun	M/H	Heidelberg	Eltham	40	Alex V 0408272695
8-Jul	Tue	M/H	Carrum	Beaumaris, Carrum	70	Bob B 0412028068
8-Jul	Tue	E	TBA	TBA	30	TBA
8-Jul	Tue		<b>CLUB NIGHT</b> Community Arts Centre Station St Box Hill 7.45pm			

## Banyule Bicycle User Group—Rides Program

Rides start from **Heidelberg Park** (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts/leaders can provide additional information if required.

**EasyRide:** Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615. Regular Friday program below, Tuesdays by consensus.

Day in Month	Ride Description
1 <sup>st</sup> Friday	Eltham Library Café – 15 km. Main Yarra Trail & Diamond Ck. Trail. Break at café.
2 <sup>nd</sup> Friday	Fairfield Boathouse – 20 km. Main Yarra Trail. Break at café.
3 <sup>rd</sup> Friday	Studley Park Boathouse – 25 km. Main Yarra Trail. Break at café.
4 <sup>th</sup> Friday	Mailing Road Canterbury – 22 km. Main Yarra Trail & Anniversary. Break at café

**HarderRide:** every Tuesday & Sunday **9.00am** BYO morning tea. Program below.

### May

Sun 11	Elwood Canal 60 km	Trails to beach, St. Kilda and along canal to Gardenvale. Then streets to Murrumbeena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	Alan P/ 9435 9421
Tue 13	Currawong Park 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Maurie A/ 0409 186082
Sun 18	Bundoora Park 40 km	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Graeme W/ 9435 9687
Tue 20	Brimbank Park ~70 km	Streets & trails west, with break at Coburg Lake. Meet Ring Road at Airport West, and on to Park for early lunch. Return down Maribyrnong River Trail (some H1 & H2) to Moonee Ponds, then streets east. Train return (via city) possible from Moonee Ponds (~ 55 km) or Anstey (~ 60 km).	Robert R/ 9439 1078



Sun 25 and Tue 27 are “Riders’ Choice” Rider who suggests is leader, otherwise by agreement

***NightRide:*** Every Wednesday **8:00pm** from **Rivergum Walk at Banyule Rd** pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

## **Melbourne Bicycle Touring Club**

